



Don't be a Scrooge
Save money with our
Top 10 tips.
Page 9

SPOKE

A LEARNING NEWSPAPER FOR JOURNALISM STUDENTS



Remember me
Day
Country's
rescuers need
relocating too
Page 4

WEDNESDAY, NOVEMBER 19, 2014

DOUGLAS COLLEGE, MUSKOKA, ONT

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100TH YEAR - NO. 29

Continue to pay it forward

BY BRIAN HANAFI

Putting on someone's coffee, giving out bus passes or holding up the door were just a few things Ontario students did to celebrate Random Act of Kindness Day.

Now, it marked the fifth anniversary of the community initiative, which was started by the Etobicoke and Waterloo Community Foundation (EKCF). Communities Across Campaign personnel with the city-wide organization are promoting kindness and community around campus.

Doyle Conner, a Student Life programme and the event planner, said the culture has been very active in the past year.

Students were asked to find ways to make people smile as well as free bus passes. "There were also several booths set up where students could make their own colour in colouring pages and make origami and paper fortune tellers. Additionally, students were encouraged to sign a banner saying what random act of kindness they had done for someone."

There were even volunteers witnessing the random giving



PHOTO BY BRIAN HANAFI

Majid Afghani (left) and Yves Delage, two recent grads helping with the initiatives for the Random Act of Kindness Day on Nov. 19, will be giving generously.

not judges and offered kind words which students could then pass along to someone who was having a

random act of kindness.

EAK Day was brought to Douglas students by a mature student this year.

The EKCF introduced it

"We've been involved since day one," Conner said. "The idea is to pass on as well

as we can, it's important, I thought it was a great idea."

SEEING EKCF PAGE 10

CSI donations are making wishes come true

BY BRIAN HANAFI

No matter what it needed – Christmas Wish Tree, Angel Wish Tree, Wish Tree or CSI Wish Tree – it's a program that helps students

“share more than 10 years ago. Douglas Student Inc. (CSI) Wish Tree is a staple of the college’s holiday season – it helped over 80 families last year alone. Students can anonymously register any of their children who are 12 and under and a gift will be given to them prior to Christmas.

On the other end, students can sponsor children, who are only identifiable by their age and gift choice, purchasing gifts for them and delivering the presents to the CSI office on Room 34104.

“We had an overwhelming amount of students trying to sponsor children,” said Doyle Saks, CSI’s program and

communications co-ordinator. “We have so many people who want to help that we haven’t had enough time to get kids signed up yet.”

“I always feel like (you) can always be giving back, no matter what.”

— Doyle Saks

There is an art price range for gifts, but Saks said upon this are always generous.

Now this year, CSI has introduced banners as well. Similar to sponsoring children for gifts, a \$10 donation will buy a banner containing the donor’s name, age or memory, a photo, max. for age, and a short sentence including position and donation.

“We thought (this) was a

great point, a lot of people would like to add it after,” said Saks. “You can’t really put in much under \$10 ... that’s expensive.”

For both the banners and gifts, CSI will purchase some for any family that doesn’t get sponsored.

Although both banners and gifts are always Christmas displays, were enhanced by students who thought it was disorganized before the Random Act of Kindness Day.

“We like to inspect every one’s opinions,” said Saks. “(Students) were really for promotion – so here when we put them up we had no idea coming in to talk about the Wish Tree.”

And, while many may refer to the program as Christmas Wish Tree, CSI has tried to use other politically correct designations to ensure students that gift for anyone in

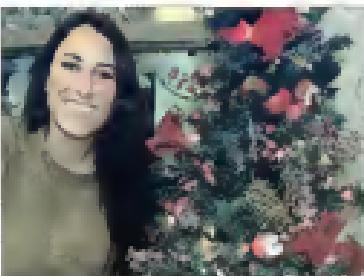


PHOTO BY BRIAN HANAFI

Bailey Bates shows off one of the promotional displays for the Wish Tree campaign in the C-Galleria on Nov. 12.

and

“It doesn’t matter where you’re from or what religion you are,” said Saks. “I always feel like (you can

always be giving back, no matter what.”

CSI will accept donations and unopened gifts until Dec. 5.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you were a super villain,
what would you do and why?



"I would power-walk
places to destroy
buddiness. You see your
colleagues every day!"

Anna Mazzoni,
first year
business administration
- management

"I would build a giant robot
and go through a city just
to rampage purposes."

Dawn Wheeler,
first year
marketing



"I would beat up like all
the robots."

Tom Norton,
first year
business administration
- financial planning



"I would force pollution
to the air, land and
water. It's that cool, evilly,
with glee."

Kristin Martin,
first year
business administration
- financial planning



"I would beat Betty White.
Good people usually fit
into society."

Brendon Brown,
first year
business administration



"I would take away all the
people and fitness in the
world. A lot of people can't
choose how to eat."

April McCall,
first year
advertising



Leah Conestoga provided the contact requested

Survivor Conestoga aids international students

BY HELEN KIRKHAM

Survivor Conestoga is an annual event that offers an off-campus night in Ontario to 1000 students of the school.

The main goal is about being safe, healthy and happy in a new place," said Natalie Major, an English as a second language advisor teacher at the college.

Major helped the International Department plan the event, which was held on Nov. 8 as the first floor of the B-wing.

Students in the program come from various countries, such as Saudi Arabia and China and many are new to the Canadian lifestyle while others have been here for years. Some things are quite completely different in their cultures.

Major said, "Most of the students are not aware of their cultural rights and responsibilities as Canadians."

Keith Martin, a member of Conestoga Services, who along with Major presented the safe relationship program during Survivor, said, "International students are sometimes taken advantage

of because they don't know how to act in difficult situations."

The three-hour event was designed to ensure any international students had regarding various aspects of life in Canada outside of school.

There were seven different stations displaying helpful advice. This included drug and alcohol awareness, safe relationship tips, healthy nutrition, healthy sexuality, safety and security, student life and healthy ways to exercise.

Each station had a presenter who showed pictures on all the topics and presented their tips and tricks to work through problems typically dealt with in Canada. There were even destinations for some of the presenters.

Mohamed Thameem, a first-year ESL student, said, "I liked that we got to role play that we got to try different forms of medicines in the healthy nutrition presents."

Major and hopefully a lot of the students' 1000 minds did well change after hearing more healthy and sharp opinions for

weeks.

All the 800 students were divided into three groups and they estimated every 12 minutes from station to station to see all of the presentations.

Other presentations aimed off tips to protect yourself due to six different ways to protect yourself from a predator or attacker and various techniques used to relax the mind and body.

The powerful meditations on survivor rights on the hallway was one of the favorite stations for most students.

Mohamed Thameem, a first-year ESL student, said, "I liked that when we got to role play we had to close our eyes and think happy thoughts."

More than 50 door prizes were given out at the end of the event.

"I was a winner. Now I can have a good breakfast before school," Thameem said.

Other prizes included notebooks, coffee mugs, stickers, socks, school supplies and gift cards.

"Judging from the amount of energy and the reaction from the students, I would say it [Survivor] was very well received," Martin said.



Conestoga students try to focus intently during the orientation session offered as part of Survivor Conestoga in the B-wing hallway on Nov. 8.

PHOTO BY KIRKHAM

PACKing a punch

Conestoga students place fourth at 2012 expo

BY JENNIFER KELLY

Conestoga students placed fourth in this year's PACK Expo 2012 that was held in Chicago, Ill., on Oct. 10.

Indulio O'Connor Wong and Eric Winstrom, both third-year students in Conestoga's mechanical engineering technology— robotics and mechatronics program, spent four and September and the competition designing a potato chip packaging line to be entered into the contest.

The students' objective was to design a potato chip bagging line for four flavours and three different sized bags. The entry included engineering and packaging quotations from industry suppliers as well as making a schematic for the company that would produce the line.

The Packaging Machinery Manufacturers' Institute (PMMI) was the contest, with the top three groups receiving scholarships. Winstrom said that first place was a \$14,000 scholarship and third place received a \$10,000 scholarship.

O'Connor Wong said the two Winstrom were approached by staff at Conestoga's Institute of Food Processing Technology (IFTT) about competing in the competition at the time.

"They weren't sure that the students in these two food program should attend to have the ability to make that line (because they are not their first semester). So John Winstrom, the coordinator of mechatronics and automation, thought that we might be able to do this," O'Connor Wong said.

The pair placed fourth out of the seven schools in the competition, all of the other schools were U.S. universities.

O'Connor Wong said, "We were pretty pleased with how it came out in the end because we started the entire project not knowing anything about packaging. However, we were watching this. It's really not as potato-chips and things like that, and at the end of it, we were so proud that we managed to beat three universities whose students go to school just for this. To sit there and put all our hard work into this and come out with fourth was impressive, especially being a small col- legue."

The pair's design began with three bags for the four flavours and moved through selected machinery to a final product of packaged bags at the end. The entry was supplied by the IFTT, Pack Expo Equipment, FIM and Many.

"We spent a lot of time

and effort to run it about a day with one repeat day per week," O'Connor Wong said.

According to www.pmmi.org, the PMMI is a trade association with nearly 600 member companies that manufacture packaging processing and packaging-related converting machinery.

The pair said they created the design after viewing a lot of potato chip packaging lines and by touring the IFTT facilities at the Cambridge campus.

"It was all done on paper basically, so we had to come up with what equipment we would be using for the production line, and then we had to contact these companies to get information on it, and also get quotes for it," Winstrom said.

Berry Bousman, an IFTT pilot plant technology assistant at the Cambridge campus and a competition judge, said winning "was to be in at the top of the year."

It was my second PACK Expo, and I learned the students with an added energy and a new perspective to the show.

The show event (there were literally thousands of equipment suppliers to the industry), and the first-hand opportunity to interact just like the food processing industry is through these types of events," Bousman said. His and placing focus was on potato chips.

The proposal was sound, detailed and perfectly presented. They other students showed an obvious lack of the passion involved, which may have cost them a few points," Bousman said.

Marko Sotiro, the program



Students Indulio Winstrom and Indulio O'Connor Wong pose with their potato chip bagging line display at PACK Expo 2012. They placed fourth at the event, which was held in Chicago, Ill., on Oct. 10.

manager for the IFTT and the other staff member who went to the show was PMMI, and a great time was had by all.

"It was the first time we participated in Pack Expo which is the largest trade show for packaging equipment manufacturers in North America, and one of the largest in the world. We were part of the Education Pavilion sponsored by FIM and we shared the space with universities from the United States that have a packaging engineering program as part of their academic offering. We had an opportunity to promote Conestoga College and the School of Engineering in packaging industry representatives. Independent manufacturers, packaging manufacturers as well as food industry companies," Sotiro said.

The students had an opportunity to interact with industry members in a real-life environment, make contacts that could support them in their future careers and observe firsthand the most advanced technologies on display."

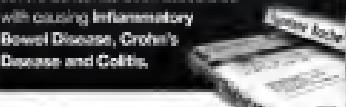
spoke videos

On Spoke Online (www.spokeonline.com) this week:

- Where up to winter with the 30 Jacob's Ladder event
- Santa Claus comes to town, taking part in Cambridge's annual parade
- See how the Kitchener Distillery is giving back to local schools
- Experience Cultural Diversity Week at Conestoga

Acne + Accutane inflammatory Bowet Disease?

Accutane, a drug used for patients with severe acne, has been associated with causing Inflammatory Bowel Disease, Crohn's Disease and Colitis.



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We need to remember And to educate others

BY WENDELL GARDNER

"Never we forget."

This phrase was heard and read over and over last week. It was in newspapers and magazines on the radio and TV, and even sound media.

Most of us know what it means, and what it really means to. But we have to remember that not everyone was born here, nor does everyone grow up here.

If we know what it means, we should be able to pass on the knowledge to those who did.

Throughout my long life, we fought about war, more specifically, the First World War and the Second World War. We are reminded that we need to be grateful for the freedom we have today. We are given a momentous message in class to demonstrate the horrors of war, and asked to think of the many veterans who are still with us today and able to tell their stories.

How do we help newcomers to this land understand the sacrifice those we, and all others made for our freedom, freedom which ensured most of them to come to this country?

As the relatives of war glorify die, how do we ensure our children and their children remember?

It was reported recently that we have approximately 100 U.S. veterans a day, and 200 Canadian veterans per year.

Today's children can't possibly understand what these men and women went through, nor to remember when they died.

Many of us have or had grandparents who fought. But how many of us ask about their past? We should. In school, by talking to them, their memory will become our memories, and that can be passed on. That way our children, or our friends, can talk to their friends about their stories. These stories can then be told to people who care and someone who has not all the knowledge.

It's the least we can do.

The seven lines represent the portion of the newspaper, not necessarily the entire paper.

Letters are welcome

Letters will be letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

Unsigned letters will be published. Letters should be no longer



than 600 words. Spoke reserves the right to edit any letter for publication. Email letters to www.edustogacollege.ca/en/submit.htm with the subject line "Letter to the Editor" or bring them to Room 1020 at the Deems complex.



The Toronto Blue Jays played on the Moncton Malline, snapping up some of their best players along with more than \$360 million in guaranteed salary.

It's all about choices Good or bad, they dictate your life

A wise person once taught me that "life was all about choices." That may not my favorite grade homework, teacher, Mrs. Brown, but it is something with regards to our life. It was Mrs. Brown, who never said everything and to be would not let you forget it.

I never really understood the significance of that statement until I got a little older, but I think I get it now.

Life is all about choices. Everyone makes choices every day. Regular or clean math in your home? Go to bed early or stay up late? Do your homework or go to your part-time? Some people make mostly bad choices, and others make mostly good choices. You are not perfect and no one can make perfect choices all the time.

This is where it gets a little more complicated. When you come to a moment in your life where you need to make a choice there are a few tools



Shirley
Debbie
Optimum

you are going to use to help you make the decision.

The first one is logic. What is going to happen if you make choice A? What is going to happen if you make choice B? Which of those is the desired outcome? Logically you make the choice that leads to what you want.

The next factor is choice-making, and the thing which dictates most choices made by most people is feelings. If you are angry or happy or sad or if you are going to influence what choices you make. If you are happy you might choose to do a good deed and make someone's day. If you are angry you might choose

to seek revenge and end up hurting someone. Whether your poor feelings are going to influence your choices.

It is because of these feelings feelings that people often regret the choices they make. However, these people are wrong.

If you made a choice based on the way you were feeling then it was exactly the right choice for you to do that. You should never have to regret or apologize for the way you were feeling.

A choice you made might not have been the best one, but it was based on your logic and your feelings at the time and it made sense to you.

Life is all about choices. Most times choices based on a logical choice like whether to go to work or stay with your family, or you look back on a past choice with regret, as remember that at the time it was exactly what you wanted.

SPiKE

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Reading makes you smarter and reduces stress

Growing up we're told by parents, grandparents and teachers that reading is important. That improves our minds. I think to this day that's true, reading is more important than ever.

However, I don't help but notice kids and teenagers these days are always on their cellphones and social media websites. Reading is the last thing on their minds. I think it's very important that parents teach their kids how necessary reading is and the benefits that come from it.

Anne C. Cunningham, an associate professor at the University of California, wrote a paper called *What Reading Does for the Mind*.



Kelley
Henley
Opinion

They reading is and the benefits that come from it.

Anne C. Cunningham, an

associate professor at the

University of California,

wrote a paper called *What*

Reading Does for the Mind

During her research she found that reading is good and makes you smarter and keeps your mind sharp as you age. It also improves your analytical skills, making you better able to spot patterns faster.

These aren't the only benefits though. Cunningham also found reading can also reduce stress. When people read, whether it be fiction or non-fiction, these must shuttles into a different part of their brain that's focused on

what's stressing them, but pushes what's going on in the body.

One of the most obvious ways reading helps us is by increasing our vocabulary. Reading forces us to focus on words we might not have ever heard of before. If someone wants to be a writer, increasing your vocabulary is crucial.

Reading can also be fun. If you're interested in a fiction book you can use your imagination to picture what

the characters and scenes look like. For each book you read, you live in a world much different than our own.

American entrepreneur and author George F. B. Martin, once said, "A reader lives a thousand lives before he dies. The man who never reads lives only one."

That quote is from one of Martin's books, *A Game of Thrones*. It's a series of *Song of Ice and Fire*, and couldn't be more true.

We've lost the meaning of Christmas



Dylan
D'Amato
Opinion

But is that really what Christmas is about? Is Christmas best encapsulated by the action of giving gifts?

Really, that is what it has become.

It is now a commercial holiday, with companies capitalizing on holiday consumers to make massive profits on a season that's not supposed to be about consumerism.

We have forgotten what Christmas is actually about.

It is about, or at least used to be about, Christianity celebrating the birth of Jesus. Christ, and while not always followed and celebrated for the other religious values, it has always been a time for the gathering of families.

Christmas is an opportunity to visit with those close to us and to unplug from our busy jobs and lives. It should be a chance to disconnect with loved ones and celebrate how privileged we are.

I've had an education from falling into the shadow of Christmas traditions. As a child I would wake up Christmas morning thinking of nothing other than furiously tearing the wrapping paper off my presents. I looked over the stockings that my family had hung on my fireplace.

And there was nothing wrong with children being excited for the sheer idea of Christmas. But we as a society must take a step back and try to recall the true and real sense of Christmas past: family and togetherness spent by hand in hand with the presents.

The spirit of Christmas has for a long time been diminished. It has been made into what we don't live it entirely.

STANDING IN SILENCE TO PAY RESPECT



PHOTO BY ERIN HARRIS/CP

Cardinal Theodore of the Royal Canadian Legion of Etobicoke stands at the head of the wreath-laying ceremony at the cenotaph of the Royal Canadian Legion and Queen's Own streets in Etobicoke. Massombs played his part throughout the entire Remembrance Day ceremony on Nov. 11.

Tuesday Nov. 27

STASH BASH

comedy show

Featuring:



Julie
Thivierge



Jennifer
Greigt

PRIZES AND
PHOTOS FOR
**BEST
STASH**

Matt
O'Brien



CONESTOGA
STUDENTS INC

Doon Campus
Sanctuary @ noon

The veggie lifestyle has many benefits

BY KARENNA BURKE

In today's world the majority of people eat a meat-based diet, which provides decent sources of protein and other nutrients that humans need to survive. Yet, the majority has turned to vegetarian or vegan diets and feel great about it.

Reasons for going veggie or vegetarian vary. It could be improved own health, to save money, to be more environment friendly or because they feel strongly animal rights are crucial.

According to [veganwatchdog.com](http://www.veganwatchdog.com), going on a vegetarian or vegan diet is healthier and helps ward off disease. It can help treat and reverse heart disease and reduce the risk of cancer. It is also an effective way to stop the progression of memory loss diseases and it can also help control and keep weight down. Also, a meat-based diet is high in saturated fats, processed food and artery cloggers but by switching to a vegetable based diet, you can live longer.

Here in the greater Atlanta area, residents have the longest life expectancy in the world because they have a lower calorie diet of fruits and vegetables rich with fiber, and raw complex carbohydrates along with regular exercise and a few stress busters.

The site also said by going vegan or vegetarian can also help reduce pollution. The meat industry has a large devastating impact on the environment. According to the U.S. Environmental Protection Agency (EPA), animal waste and chemical waste from factory farms are responsible for more than 773,000 miles of polluted rivers and streams and in use of the natural resources to raise quality.

Not eating meat also saves animals from painful deaths. About 10 billion animals are put to slaughter each year for human consumption. Nowdays, meat animals are crammed into cages where there is limited space and are fed food laced with growth hormones and antibiotics.

Sandy Chaytor, a business owner at Starbucks in Uptown Waterloo, and originally went vegan for the sake of trying it. But after eating a vegan diet for her reasons for becoming vegan changed. "It's better for the animals, the environment and myself."

She said while living vegan can be inconvenient, it's a life style worth living and after eight years, she can't see herself not being a vegan.

The vegan diet may seem like it would be restrictive but it's not according to Chaytor. She said getting vegan isn't difficult to do, but getting off of it is. It is an important part of that can easily be missed.

A lot of PETA are aware there is health damage. "It's not hard to find a healthy diet and meat products or other healthy products like soy milk and cheeses."

Not only is a vegan diet not restrictive, it doesn't have to be expensive. In season vegetables are cheap and ingredients are reasonably priced and cooking from scratch is frugal.

Chaytor and Vegetarianism is a great cookbook for beginners that includes basic cooking information and time of cooking.

Although Ashley Grash has been vegetarian for six years she still enjoys veggie burgers. "I don't eat a veggie burger because I make veggie burgers. I can go to the Post Park Kitchen (PK) website and find recipes. I want to try to make it. I print out the page for the recipe and put them in my binder so I don't lose it," Grash said.

She said this is a marker for cooking as she often ends up cooking three recipes from three different sites. "I have the vegan butter substitute pillows for the meat, but the animal butter butter makes me really good too."

"One reason I decided to become a vegetarian is because I think it's easier to animals to kill and eat them. They don't get a say in whether or not we take their lives, we just do. Humans aren't



PHOTO BY KARENNA BURKE

Sally Chaytor, a Starbucks barista, eats a vegan sandwich created by the food trucks of the day on Nov. 9.

superior, animals deserve their lives too," Grash said.

Another reason the vegan vegetarian was because her body deserved better. She researched about reading an article in the National Geographic website in 2008 about how meat has affected us over the generations. Our genes have gotten smaller the meat and our teeth are becoming sharper than ever, which is why many people need dental work.

"A lot of meat after I went vegetarian. I had more energy

and actually lost some weight after about six months," Grash said.

Beth Chaytor and Grash agree that Cafe Flynn located at 18 Charles St. W. in Kitchener, is a great vegan restaurant to go to. Grash said. There does Bar, located at 185 1/2 King St. W. Waterloo is a great vegan cafe.

For more information go to <http://www.vegan.org> or <http://www.vegan.org/vegan>. For more information go to <http://www.vegan.org/vegan>.

Winter is a time for some tantalizing tea

BY KARENNA BURKE

As winter begins to show the cold, dark days many people start to search for ways to warm up and stay alert. By warming up with a cup of tea may have more benefits than just the steaming warmth.

According to [TheTea.com](http://www.tea.com) tea leaves, which are used to create tea contain antioxidants, vitamins and minerals which can all help fight the flu and boost the immune system.

Different varieties of tea contain different substances in different quantities. According to [TheTea.com](http://www.tea.com), white tea contains the most antioxidants, green tea contains the second and black tea places third. The classic black tea ranks fourth on the list which also lists oolong and green tea at the very bottom.

On participating men say the antioxidants and vitamins in tea have many health benefits. The vitamin B found in tea

can also help strengthen your immune system, and vitamin D, which can also be found in tea, helps to build strong bones.

One kind of antioxidant called polyphenols can be found predominantly in green tea. Tea is also found in tea leaves in black tea as well. These antioxidants help reduce body fat by breaking down fat and reducing enzymes that help the body metabolize stored fat.

Rebecca Chaytor, 24, of Waterloo is a fan of tea. She's supposed to drink at least water in a day, but she says she doesn't add anything to just tea to create all the water she needs if she's at all the time she's awake.

Drinking tea without anything added is probably the best option. According to one Chinese study, adding sugar to black tea may actually weaken the health benefits that green tea.



PHOTO BY KARENNA BURKE

Amanda Vanier Garske, 30, shows off some of the varieties of tea offered at the Waterloo Centre on Nov. 10.

Rebecca Chaytor, is a fan of Chai tea, says tea is a huge seller during these cold winter months.

Amanda Vanier Garske, 30, a concession employee at

the Waterloo Centre, is a fan of Chai tea, says tea is a huge seller during these cold winter months.

"It's cold in the winter, and we have two different tea options. Lots of people choose

Keeping their eyes on the prize

Juried Exhibition recognizes Cambridge talent



PHOTO BY DEBORAH BROWN

John Losurdo, a woodworker at the Devil's Barnard Centre, won an award for one of his woodcarvings at the Juried Exhibition, held from Oct. 26 to Nov. 17 at the Cambridge Centre for the Arts.

COUNSELLOR'S CORNER: Dropping Out

"Do I really want to be here?" Many students, exhausted by workloads, disengaged by academic results or unsure of program choice, consider leaving college. Counsellors see many students who want to find help to re-energize. There are things to consider when wanting to leave. Leaving may cause other problems. A sudden drop-in creates an issue in the student's life. Jobs are scarce. Contact a local high school guidance who form a natural community of support. Returning to school is sometimes a tremendous task. It is a worthwhile dialogue.

Know the costs and consider all alternatives carefully. Consider options other than withdrawal from a program.

- Find out more about your program and the variety of possible jobs you can seek, through resources such as faculty and Career Services.
- Enroll in a course which is manageable and pick it up later. Consult your instructor before proceeding ahead.
- Pick up a latest course through Continuing Education evening or summer classes.
- Consult your local board with your co-ordinator or the program chair. Better to save a few thousand than lose it.
- Apply for Peer Tutoring. The cost is the student's internal and it works.
- Consider transferring to another program within your school.
- Communicate with a peer or faculty with whom you are having difficulty.
- Ask for help from faculty or classmates.
- Seek temporary shelter at home, but become vulnerable. Community resources are listed in Counselling Services.
- See your doctor. A sudden decline in energy may indicate a treatable illness.
- Take off a day or two to deal with personal issues if necessary.
- Take advantage of any or all services areas to assist you.

These and many other solutions have been explored by students with a counsellor. We are here to listen and help when you have run out of ideas. Most find they can get through with some support or leave if necessary with a plan for completing their education.

A Message from Counselling Services

BY DEBORAH BROWN

Some artists have great pieces without being discovered, or even having their work displayed at a show. The Juried Exhibition in Cambridge is changing that, by allowing local artists to submit their work for display and potential monetary earnings.

The exhibition, in its 11th year, was started by a group of volunteers from the Cambridge Centre for the Arts, who hoped to assist artists in becoming well known and successful. The opening reception was held on Oct. 19 and the exhibition will be open to the public until Nov. 17.

Usually over 100 to 120 pieces of art are submitted every year, from people who live in Waterloo Region that for the last five or six years only artists from Cambridge have submitted their work.

"There are some people who submit small pieces, but there are always new people who enter and some of that that were work displayed" said Stephen McCollum, arts co-ordinator at the Cambridge Centre for the Arts. "We always try to seek out people, but there are those that we nominate."

The volunteers at the centre believe there is a lot of potential in Cambridge, but only a certain amount of space to display it. That year, preference

for Doug Eaton from the University of Waterloo ended up passing over, according even so for the best work.

John Losurdo, a wood worker at the Devil's Barnard Centre which is next to the arts centre on Dundas Street, was one of the prize winners. Losurdo mostly creates rustic and rustic, hand-crafted bowls, or even let his family look at his work. His colleague was one of his students and recommended him to submit at the yearly exhibition. Losurdo was surprised to find out he won an award and did he accept something huge?

"I am really happy and proud that I submitted my work," said Losurdo. "I didn't know if I'd submit again, but I'm going to continue creating more."

The arts centre plans on running the exhibition for many years to come as a platform to showcase talent, however its volunteers think that a lot of people create out of the depths of talent that actually exists in Cambridge.

The exhibition has no restrictions, allowing amateur professional artists and children to enter. In 2000, a 10-year-old girl was an award for a painting she submitted.

"There are no limits on talent," said McCollum. "This is what pushes artists to work even harder."

KEEPING IT HOT IN NOVEMBER



PHOTO BY DEBORAH BROWN

Meteorphotography studio at Ryan Clark does a short series T-tilt air temperature reading 100 C on Nov. 12.

Save your pennies at Christmas

BY JENNIFER KENNEDY

Every year around this time red and green lights flicker in store windows while shop pens handily match from store to store, luring us into their folds but dreams that big up the window displays bring a student creases that the most the party looks is not changing as much as us and thinking about Christmas may make your wallet feel more like a feather.

This year my own purse is carrying more school books than money or buying Christmas presents is going to be quite difficult. I want to give something to my family, my boyfriend, his family, my friends and even my dog. I have been searching the shelves on how to spend my money wisely and maybe will have a little bit more plan of how to update my budget, and there are things I have come up with. Top 10 tips to save you money this year:

1. Give a group

If you can get your friends or family to all go in on one gift, you will be able to give a larger gift with a divided price tag.

2. Giveaways

This website, like many other similar discount websites, gives you coupons and deals that allow you

to purchase something at a large discounted price. You can add the free app to your smartphone which will send you notifications on upcoming deals that you can instantly purchase using a credit card. But read the fine print – most deals have an expiry date.

3. Online deals like this

Most people do not know that many stores offer last minute price offers if you buy online rather than in-store. It also helps you skip the lines and lowers your price. With a minimum purchase most websites offer free shipping or you can pick your purchase up at a predetermined store location. A great example of this is Chapters. Their website www.chapters.ca/online has a price difference of anywhere from 10-50 per cent off the in-store price.

4. Thrift stores

This can be anything from clothing and place related to food items. You can find items of the past and get your hands dirty on some glue and spackle.

5. Change the date

Most people expect to use a vacation of points packing out from under the tree at the 21st. Celebrating Boxing Day means you can get the same things at a much better price. Try to score your



DEBORAH PETERS

dates on a student's budget and buying last-minute presents for your loved ones do not go hand in hand. But there are plenty of ways to stretch your gift giving costs without emptying your wallet.

Another website I found shopping is a day deal could save you money for less.

6. Create the border

During Friday is a holiday shopping center after the US Thanksgiving and is very much for the December 25. This year it was Nov. 22 with Canadian Customs announcing the removal of greater restrictions being lifted starting on the 23rd. So for 24 hours from 100 to 2000, you have the chance to take a vacation and get some crazy deals on everything from electronics to clothing.

7. Card it

If you have a points card, cash them in. Or, if you are a student there is a discount card called Student Price Card or SPC. For a low price of \$12 with free you can get discounts of over 500 stores by just holding the card.

8. DIY

If you are anything creative or want a happening costume this year, you will be able to make it on sale for you can always have a nice little note stating that you will be taking your level one on a night out on you. It allows you to save up and pay for it later so all your money isn't being all at once.

9. The scratch game

With many stores boasting how they price match other

a student there is a discount card called Student Price Card or SPC. For a low price of \$12 with free you can get discounts of over 500 stores by just holding the card.

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11. The scratch game

With many stores boasting how they price match other

stores' offers, taking the time to do through the floors and digging the better deals allows you to get the best price with out breaking the bank by driving all over town.

12. DIY

Stores should be a perfect way to get a group of friends or a large family to decide to purchase a single gift for the whole members of the group rather than getting a gift for every single person. This way a price is set and you don't feel guilty for having to choose who to buy for. It also can be a great new tradition for your family or friends to start that year.

Wedding business makes dreams come true

BY JENNIFER KENNEDY

From oversized, chunky crystal brooches to a black Edie Mae style fascinator which was going to be worn to a charity event, Lori Karpow is known as an entrepreneurial person and brings that sparkle to her business, Hollywood Weddings Inc.

Without moments of meeting Karpow, a blushing bride and her mother, you'd never guess she's a controlling factor in her own success. She's an entrepreneur and business person. She is a one-off kind woman filled with compassion, kind heart and resilience.

Karpow graduated from the University of Western Ontario and began a career in visual display and soon was discussing the first taste of event planning carried out of the idea when a friend asked her to do the decorating for her wedding.

"It was our turn," she said. "There were people actually looking for someone to stage weddings."

She accepted the offer, and after 10 hours of hard work

at the Bramleywood Club, the decorated product gave her a feeling of satisfaction like no other. From there, she was asked again to decorate another wedding. From there, she decided to roll her own as a vendor, merchandiser and display their own events and installations.

After two years of hard thought and planning, Lori and husband Mike Karpow created Hollywood Weddings Inc. in 2007.

Karpow said she gets her inspiration for designs and decorations from everything around her. She considers a powerful quote that states "A good designer looks at things and a great designer looks at others' experiences." She strives to be the that "She fails at something to look at things as how they are, and imagine what they can be."

"I look around at everyday objects and see possibilities," she said.

Although weddings are more than bringing out the best side of people, Karpow does not let the stress get to her.

"There have never been any bad experiences," Karpow said.

"Just challenging" relationships

When Karpow was in her 20s, she had her mother to come over and the two best friends had a party where lots of people and immediately that life as we know it began about 10 years.

Karpow, who is also a stage lighting and styling instructor for the visual merchandising program at Conestoga College, said no matter what kind of scenes are happening at an event there are always unique solutions to the problem. She believes culture is instrumental to design. Over the past 15 years, Karpow has found that even though hours can be spent planning, the best work is what just happens.

"The best designs are born from disaster," she said.

Although the unconventional processes can sometimes be overwhelming, the best part of the job is attending back and seeing the fine details still come true. She finds it inspiring and rewarding to help people of forming memories for people.

"The final product makes

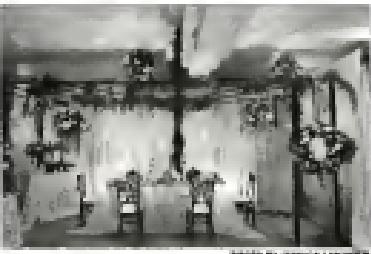


PHOTO BY JENNIFER KENNEDY

Creating an enchanting atmosphere for the most special day of someone's life is key for Lori Karpow of Hollywood Weddings Inc.

According to Karpow, Hollywood Weddings Inc. like many independent businesses, took a solid five to seven years to become successful.

"When you are saving money in your bank account, that's when you know you're good," she said.

Karpow and her career did not turn out the way she had planned.

"It's more than I could have ever imagined."

Better to be safe than sorry in the workplace

BY JENNIFER BROWN

Knowing your workplace safety rights can save you from losing a limb or even your life.

In 2010, 1,814 people died working on the job in Canada, according to the Association of Workers' Compensation Boards of Canada (AWCBC). The highest number of those fatalities occurred in Ontario, which accounted for about 38 per cent of these deaths.

The three most dangerous work industries were construction, manufacturing and transportation and storage industries, according to a CSC article in April that looked at the board's total deaths between 2008 and 2010.

Again, Ontario had the highest fatalities in each of these industries during that time span.

At Conestoga College, which offers courses in three types of industries safety is a matter that is of high importance.

"We have high-risk areas like the machine shop and the woodworking. You could imagine the hazards that are present in woodworking shop with these machines, what kind of injuries can happen if the proper protocol isn't followed," said Conestoga College's Health and Safety officer, John Anderson.

Which is why Greg White, chair of Conestoga's trade and apprenticeship program and co-chair of Waterloo's Health and Safety Committee, puts a high importance on building safety courses for trades and



Cory Paxton, a woodworking student, wears safety glasses while working in the woodworking shop at Conestoga College on Nov. 12.

apprenticeship students who work with a lot of tools and machinery.

"We spend a lot of time pointing out these folks because it's an industry where you can get injured very quickly," he said. "There's come out of this column with more safety skills in the expense of some vocational skills, but if I had to balance the two, I'd rather have it higher on the safety side."

"We teach a dangerous work-

shop environment of you've got to be careful."

However, White said he is proud of the program's safety record, which has very few cases where students lost appendages. He said students do happen, "but we haven't had anyone lose a limb or a finger in the woodworking area."

"I'm a machinist by trade and I will lose all my fingers, I'm proud of that," said White.

Anderson said it's important not that Conestoga College毕业生 leaving into the workplace are exposed to an effective safety program.

"The first reason the third is to keep everybody safe. The second reason is our regulation on the construction," he said. "It reflects on all of us."

White encourages students and employees to fill out accident reports, even if some of those accidents

involve minor scrapes, he said.

"If it is something we could correct, it always is an opportunity to make a better condition one day becoming a safer condition the next," he said. "Safety is a great attitude to maintain."

These lessons become very useful in the workplace.

According to the Ontario Ministry of Labour website, an average of about 90 young workers in Ontario under the age of 25 are injured or killed on the job every year.

Workers have the right to be informed about the hazards and how they can stop safe, even if that means having to refuse unsafe work from their employer, which is part of the Occupational Health and Safety Act (OHSAA).

For those who are worried about losing their job over claiming up for their own protection, the Ontario Ministry of Labour website states that it is illegal for an employer to terminate a worker for doing so.

"If you feel you have been punished health or being fired, not having sufficient pay or having your work hours cut significantly, you may report this to the Ministry of Labour."

However, the right to refuse unsafe work has its exceptions. Some workers define refuse working in dangerous situations as part of their designation, such as police officers, firefighters and some health care workers.

For more information about safety and rights at the workplace, visit the Ontario Ministry of Labour's website at www.labour.gov.on.ca.

Getting bigger and better

50 volunteers help with Random Act event

4 NOVEMBER

The first year Convocation participated in the event was very low-key, with only four or five volunteers handing out pamphlets and handing out cards. Despite its small size, Convall and the response in response from students was huge.

"Students were so eager about doing this, we knew we needed to continue it," he said.

The next year, Convocation and Heart & Stroke helped Random Act of Kindness Day Convall and RAK Day took off at the school.

"We've just continued to make it bigger and better," Convall said.

This year, there were about 50 student volunteers, who

were all Heart & Stroke volunteers during the Random Act of Kindness.

The event was organized as a smaller scale as other campuses as well, including Waterloo, Guelph and Cambridge, where volunteers, a banner and volunteers were handed out candy and cards.

RAK Day was used as a trending topic on Twitter as students were tweeting about it every 30-45 minutes and saying what random acts they did for someone, or what random acts that had been done for them.

A couple of campus areas were chosen every location, Convall and Convocation groups did free coffee, CSC students did free haircuts, CSC students did free black and white photographs,

and the Marley wowed all the time.

Hannah Long, one of the volunteers helping at RAK, said the positive feedback from students was great.

"Not many people would think of doing these random acts of kindness as a regular task, but I think with all these activities going on, people will consider doing it more," she said.

The Random Act team is the largest volunteer committee at the college, consisting of over 150 student volunteers.

They are recruiting new members to volunteer as volunteers leaders in January. To get involved, visit the Student Life office, located in A-wing across from The Horton.

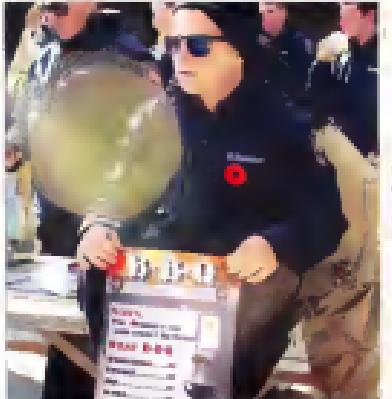


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HEART &
STROKE
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Immunotherapy pre-service firefighter phenom Brett Sorenson helps out at the Bay 7 Foundation to benefit his class organized to raise money for the Sunshine Foundation.

Spreading some sunshine

Pre-service firefighter students raise money for foundation

THEORY & PRACTICE

As a child, you probably wished for something - anything it might have been a puppy, or that remote control car or to meet your favorite *Star Trek* player.

For India with its need of
money these offerings are
done with help from overseas
people such as the Cheshire's
Miles in Miles Foundation
or Sunshine Foundation
of Canada, but the funds
need to come from some-
where.

That's where *Desertgold* could enter the full-service banking market.

Each of the three societies, the progress holds a fund-raising event to raise money for the Sunshine Foundation so they can fill a gap in services that will take work my shoulders but

Colleen Hanrahan patterned with the founders and started the Disney Photo in memory of her son, David.

"In the Disney Plaza 80 kites with health messages will be flown down to Disney for a day, as well as 1000000 the intended visitors of 10 kites and three balloons to go where ever they want to go," said Balloons in Disney's vice-president.

11 Downing College

FALLING FOR THE SEASIDE

PLATES BY JULIA SAWALSKI
Right: Judith McLean, 18, takes
advantage of an increasingly
laid-back May in the Mayan sun-
room in Sir Agustín de Iturbide Park near
the Avenue of the Americas.

PHOTOS BY ROBERT CLARK FOR
SCHOOL OF COMMUNICATIONS
STUDENTS: MELISSA BROWN,
KATIE CLARK, KATIE KERSEY,
ANDREW LEE, AND NICKY MC-



ANSWER

We're doing a survey. C and we're giving away over

卷之三

\$500 PRIZES

CU is in cooperation with Student Affairs at Carnegie is sending out a survey to full-time students to get your feedback on the recreation facilities and fees at Carnegie. We're giving away some great prizes to those who take about 5 minutes to fill it out, so make sure you fill it out and your Carnegie email when you respond in late November.

**TO ENTER
check your Comox Valley Recreation Centre
SURVEY**

Digitized by srujanika@gmail.com

NOVEMBER 22ND - DECEMBER 7TH

CHRISTMAS WISH TREE

■ by donating a gift to the CSI's
MAS WISH TREE